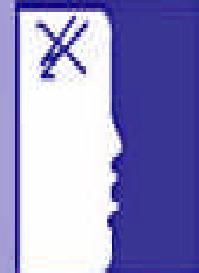


# ***Improve Resilience!***

# ***Be Stress Hardy!***



*Systematic Stress Management*  
*The Proven Way to Relax*



**understanding  
stress**

stress  
management  
at work

type a & b  
behavior  
patterns

relaxation  
training

thinking  
differently

communication  
and  
stress

time  
management

[www-nehc.med.navy.mil/hp/stress](http://www-nehc.med.navy.mil/hp/stress)